

High-Histamine Foods: A Guide for Mindful Eating



Use this chart as a reference to identify and manage your histamine intake.

Disclaimer: This chart provides general information about high-histamine foods. Individual tolerances may vary. Consult a healthcare professional or registered dietitian for personalized dietary advice.

Foods to Enjoy in Moderation or Avoid if Sensitive:

Food Group	High-Histamine Foods
Dairy	Aged cheeses (Parmesan, cheddar, Swiss), fermented dairy products (yogurt, kefir), sour cream
Meat & Fish	Cured meats (bacon, salami, sausage), smoked fish, canned fish, shellfish
Vegetables	Spinach, tomatoes, eggplant, avocado, fermented vegetables (sauerkraut, kimchi)
Fruits	Citrus fruits, dried fruits, bananas, strawberries, raspberries, avocados
Alcohol	Red wine, beer, champagne

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Other	Chocolate, vinegar, fermented soy products (miso, tempeh), yeast extracts, leftovers
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Tips for Managing Histamine Intolerance:

- **Fresh is Best:** Choose fresh foods over processed or aged foods, as histamine levels increase over time.
- **Cook at Home:** You have more control over ingredients and preparation methods when you cook at home.
- **Read Labels:** Be mindful of hidden sources of histamine in processed foods, such as additives and preservatives.
- **Listen to Your Body:** Pay attention to how you feel after eating certain foods and adjust your diet accordingly.
- **Consult a Professional:** If you suspect you have histamine intolerance, seek guidance from a healthcare professional or registered dietitian.

Download your FREE High-Histamine Food Chart and take control of your dietary choices!

Remember: This chart is a helpful tool, but individual tolerances can vary. It's essential to work with a qualified professional to create a personalized plan that addresses your specific needs and sensitivities.